



# 10 Steps to Prevent Lead Poisoning Your Child

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Thank you for calling the Childhood Lead Prevention Program. We  
this packet will help you identify and control lead hazards in  
home. We encourage your efforts to promote the health and  
living of your children.

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# 10 Steps to Prevent Lead Poisoning in Your Child



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Thank you for calling the Childhood Lead Prevention Program. We hope this packet will help you identify and control lead hazards in your home. We encourage your efforts to promote the health and well being of your children.

# Your Child's Health And Well Being

## *Step 1 - Find a family doctor for your child*

The Child Health and Disability Prevention Program (at 554-9950) can refer you to free care if your family qualifies. Their "well-child" program includes a free blood test for lead every year.

## *Step 2 - Parents should know about the following:*

- If your child is six months to six years of age, ask your doctor for a blood lead test. The test must be venous method only. This means from a vein in the arm or hand.
- Make sure your child eats foods rich in **calcium** (milk, cheese, yogurt, broccoli, greens, corn tortillas, tofu) and **iron** (meat, chicken, iron-fortified cereals, raisins, dried fruit). Fresh fruits and vegetables also help protect your child from lead absorption.
- Wash your child's hands often. Wash their hands especially after they play in dirt, and before eating or drinking.
- When your toddler is teething, provide rubber teething objects. **Prevent your child from teething on window sills** (also called window stools).
- Keep pacifiers, teething and other toys that touch your child's mouth clean by washing them often with soapy water. Rinse them well.
- Lead paint tastes sweet. Watch that your child doesn't eat paint chips or flakes.



# Identifying and Controlling Risks in Your Home

## ***Step 3 - Paint Inside and Outside Your Home***

Look at the condition of paint inside and outside your home. Is there pre-1978 paint? Is it in cracked, flaking, or peeling condition? Those conditions create lead dust.

**Repairing or removing damaged paint requires special methods.** Otherwise, more dust will be spread around. *See the attachment for referrals on testing and repair.*

## ***Step 4 - Repairs and Renovations***

Before you plan any repairs or renovations that may affect lead-painted surfaces, be sure to do paint testing. Then you can plan how to control the dust during your repairs. Only use wet methods of paint scraping. You can also use high-efficiency filtered (HEPA) exhaust connected to power tools to control dust. A HEPA filter can remove even the smallest particles in the air.

Only HEPA-filtered vacuums collect all the fine dust during cleanup. Dust testing following paint removal projects tells you if cleanup is complete. *See illustration.*

**If you do these home repairs yourself, or if your daily job outside the home creates lead dust, protect yourself. Be aware that you bring lead dust home on your clothes, exposed skin, hair, shoes and inside your car. Change clothes *and* shoes and wash up before you leave work. Shower if possible.**

## ***Step 5 - Cleaning Floors and Other Surfaces***

Children spend much of their time on the floor. Because lead dust is heavy and sticky, it is important to keep floors and other surfaces clean. Mop weekly with water and detergent. Dust with a moist rag.

After you clean up lead dust, throw out all the sponges, rags or mop heads. If you don't, you can spread lead dust the next time you use them.

## ***Step 6 - Carpets***

Lead dust may be present in carpets because of paint dust and soil dust.

Do you think your carpet has lead dust? Cover it with a clean sheet or hard plastic washable floor cover. Then your infant, toddler or young child can spend time crawling or playing there.

If you decide to remove carpets, they should be misted with water before being ripped up. That way the dust will stay in the carpet. Roll the carpet up carefully. Immediately bag it and haul it away.

### ***Step 7 - Windows***

Look at the window well areas under the sash. Do you see paint dust, chips or flakes? Keep this well area wiped clean. Throw away the rags or sponge used to clean this surface after one use.

Every time you open or close a window, some dust is created. One way to prevent this is to put special plastic liners along the edges of the window sash. You can also call energy conservation projects in San Francisco to help you with affordable changes to your windows. *See the attachment for referrals on window repair and replacement.*

## Identifying and Controlling Risks in Your Yard

### ***Step 8 - Uncovered Soil***

Because children often play in yards, they can be at risk for lead poisoning. Look at your yard. Is the soil dry and without ground cover? If your answer is yes, your child may be exposed to lead. You can test the lead content in the soil. Collect samples of the soil from different places in your yard and send them to a laboratory. *See the attached list of laboratories.*

### ***Step 9 - Fixing Your Soil***

If lead levels are above 200 to 500 parts per million (ppm), you should add three to six inches of new topsoil. Then plant a stable ground cover. You can also provide a cover of gravel, stones or bark over the new topsoil.

If you remove soil with very high lead levels, the soil must be treated as a "hazardous waste." Call the Department of Toxic Substances Control at 510/540-2122.

### ***Step 10 - Keeping Lead Dust Out of Your Home***

Place doormats at all entrances to the house. Teach your children how to use them to remove dust from their shoes.

Some people remove shoes when they enter the house, and use house slippers instead. This prevents street dust from coming in the home.

## Stay Aware of Other Lead Sources Listed Below

### A. Ceramics/Pottery

- Many factory-made imports have lead pigments that can dissolve in food. Handmade ceramics may have leaded glazes.
- You can use color testing kits to test your ceramics. You can buy kits at hardware and home repair stores. *See list attached for vendors. Refer to enclosed EDF brochure for china patterns available without lead.*
- Mexican bean pots (ollas) and casserole dishes (casuelas) often have lead varnish or glaze. Lead can dissolve in food and cause dangerous exposure to lead. **Do not use your ollas and casuelas for cooking or storage if they test positive.**

### B. Imported cans

- The seals of some cans are welded with lead-containing solder. Check your imported food cans and **throw away any with lead seals.** *See enclosed illustration.*

### C. Foods

- Mexican tamarindo candies sold in small clay pots (Picarindo brand) have been recalled by US FDA because of lead content. **Do not use the pots for drinking.**
- Chinese pickled vegetables sold in a glazed ceramic container (Tianjin brand) have been recalled by US FDA because of lead content.

### D. Water

- Lead in water can be due to the corrosion of the lead solder which was used on copper pipes in the 1980's.
- **Here are two ways you can prevent lead in the water you drink:** Let the water drain a minute before using it. Only use cold water for drinking or cooking.
- Testing is available for \$25.00 from San Francisco Water Department. *Refer to their application and brochure in this packet.*

### E. Imported cosmetics

- Some commercial brands of Surmi, Surma, Kajal and Kohl used for eyeliner contain high lead content. The US FDA is now trying to block these imports.



#### **F. Home remedies/Traditional medicines**

- Some orange and yellow Mexican powders (Azarcon, Greta) contain high lead content. These are mistakenly used to treat stomachaches.
- Some members of the Hmong community use a red powder, Paylooah, for rash or fever. Paylooah has lead in it.
- Some South Asians use Ghasard, Bala, Goli or Kandru for stomachaches. All of these products have dangerous amounts of lead.
- **Don't use these remedies. Extreme cases of childhood lead poisoning have resulted!**
- *Further information is available upon request, in English or Spanish. Podemos dorse más información en español.*

#### **G. Hobbies/Home industries**

- Lead problems can occur from: casting fishing weights or bullets; lead used for stained glass windows; ceramic glazes in pottery making; home plumbing and soldering projects.

#### **H. Lead from the Workplace**

- Be aware that battery recycling or dismantling, radiator repair, plumbing repairs, or prep work before painting all cause harmful exposures to lead dust or lead fume.
- Use good hygiene practices: Change your clothes and shoes, wash your hands, and shower when you are done with a job.
- Use good housekeeping practices: Clean with a wet mop, sponge or cloth. Don't sweep lead dust.
- **Don't take your lead dust home!**

**Please call if you need more information: 415/255-3748, the Childhood Lead Prevention Program.**

The first part of the paper discusses the importance of the study and the objectives of the research. It also outlines the methodology used in the study and the results obtained. The second part of the paper discusses the implications of the study and the conclusions drawn from the research. It also provides a summary of the findings and a list of references.

The study was conducted in a laboratory setting and involved the use of a range of equipment and materials. The results of the study are presented in a series of tables and graphs, which show the relationship between the variables studied. The conclusions drawn from the study are based on the analysis of these results and the comparison of the findings with those of other studies in the field.

The study has a number of limitations, which are discussed in the paper. These include the small sample size and the lack of control over some of the variables. Despite these limitations, the study provides valuable insights into the topic and highlights the need for further research in this area.

The paper is organized as follows: the first section discusses the background and objectives of the study; the second section describes the methodology; the third section presents the results; the fourth section discusses the implications and conclusions; and the final section provides a summary and references.



